

Name: _____ Date: _____

Answer Key: Bento Box Builders: Kindergarten Nutrition Ninjas Quiz

Young learners design a balanced meal by categorizing 10 food items to build energy and strong muscles.

1. Imagine you are building a 'Sunshine Plate.' To help your muscles grow big and strong after playing tag, which food is the best 'building block' to add?

Answer: A) A hard-boiled egg

Eggs contain protein, which acts like a building block to repair and grow muscles after physical activity.

2. If you want your body to have 'Long-Lasting Zoom' (energy) to play all afternoon, you should pick ____ instead of a sugary cookie.

Answer: B) Oatmeal with berries

Oatmeal is a complex carbohydrate that releases energy slowly, giving you power to play for a longer time.

3. True or False: To make a 'Rainbow Plate,' you must have at least three different colors of vegetables to get different vitamins.

Answer: A) True

Different colored vegetables provide different vitamins and minerals, so eating a variety of colors helps the whole body stay healthy.

4. You are a 'Bone Architect.' Which drink should you choose to make your teeth and bones as strong as a skyscraper?

Answer: C) A glass of milk

Milk is rich in calcium, which is the primary mineral needed to build and maintain strong bones and teeth.

5. When you feel thirsty after running, your body is a 'Wilting Plant.' The best way to 'water' your body is to drink ____.

Answer: B) Plain water

Water is the best way to hydrate the body without adding extra sugar, keeping your brain and muscles working perfectly.

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6. True or False: Eating a giant pile of only carrots for dinner is a 'Balanced Meal' because carrots are healthy.

Answer: B) False

A balanced meal needs variety, including protein and grains, not just one type of food, even if that food is healthy.

7. If you want to keep your 'Tummy Engine' running smoothly so you don't get a stomach ache, which 'Fuzzy Friend' food has the most fiber?

Answer: A) A pear with the skin on

Fruits like pears have fiber, especially in the skin, which helps your digestion and keeps your tummy happy.

8. To create a 'Brain Power' snack, you should pair a sliced apple with ____ because it has healthy fats for your mind.

Answer: C) Sunflower seed butter

Seeds and seed butters contain healthy fats that help your brain learn and remember things better.

9. You are at a birthday party. Which choice shows you are a 'Smart Selector' who cares about your heart?

Answer: B) Having a small slice of cake and some strawberries

Being a 'Smart Selector' means enjoying a small treat while also picking nutrient-dense foods like fruit to balance it out.

10. True or False: Your plate should look like a 'Pizza Pie' where the colorful vegetables take up half of the whole space.

Answer: A) True

According to healthy eating models like MyPlate, half of what we eat should be fruits and vegetables to keep us healthy.